
Couscous Tabbouleh (30.06.10)

This is a great alternative to potatoes or rice and much easier when you have a lot of people to feed,

great for salads picnics or barbecues.

Ingredients

- 225g (8 oz.) Couscous
- 350 ml (12 oz.) Water
- 350g (12 oz) Tomatoes
- 4 Scallions
- 1 Bunch Flat parsley
- 1 Bunch Fresh Mint

Dressing

- 1 crushed clove garlic
- 1/4 Teaspoon Ground Cinnamon
- 1/4 Teaspoon Ground Allspice
- 2 Tablespoons lemon Juice
- 4 Tablespoons Olive Oil
- Salt and Black pepper.

Method

Cover the Couscous in cold water and soak for 15 to 20 minutes. Halve the tomatoes and discard the seeds. Cut these into fine (5mm) cubes Trim and chop the scallions finely. Chop the herbs coarsely. Mix these together with the Couscous.

For the Dressing - whisk together the spices and the salt and pepper and the lemon juice. Then whisk in the olive oil. Pour the dressing on to the couscous and mix well to coat all the grains. This makes a great salad for buffets or barbecues.